**Spring 2012 Campus Recreation Survey of Faculty & Staff**

**Respondent type**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| I am a: | Faculty member | 41 | 21.9% |
| Staff member | 144 | 77.0% |
| Other | 2 | 1.1% |
| Total | 187 | 100.0% |

**Primary campus**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| I work primarily on the: | Boca Raton Campus | 163 | 87.2% |
| Broward Campuses | 7 | 3.7% |
| Northern Campuses | 17 | 9.1% |
| Total | 187 | 100.0% |

**How many times per week do you perform purposeful exercise?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| How many times per week do you perform purposeful exercise? | I do not exercise on a regular basis | 34 | 18.2% |
| 1-2 | 41 | 21.9% |
| 3-4 | 61 | 32.6% |
| 5-7 | 51 | 27.3% |
| Total | 187 | 100.0% |

**Use of on campus facilities to exercise**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| I do not use any on campus facilities | Not selected | 54 | 35.8% |
| Selected | 97 | 64.2% |
| Total | 151 | 100.0% |
| Recreation & Fitness Center (Boca Raton) | Not selected | 111 | 73.5% |
| Selected | 40 | 26.5% |
| Total | 151 | 100.0% |
| Student Wellness Center (Davie) | Not selected | 150 | 99.3% |
| Selected | 1 | .7% |
| Total | 151 | 100.0% |
| Track & Field Complex (Boca Raton) | Not selected | 146 | 96.7% |
| Selected | 5 | 3.3% |
| Total | 151 | 100.0% |
| Climbing Wall (Boca Raton) | Not selected | 151 | 100.0% |
| Selected | 0 | .0% |
| Total | 151 | 100.0% |
| Other | Not selected | 135 | 89.4% |
| Selected | 16 | 10.6% |
| Total | 151 | 100.0% |

**Reasons you have not been participating in any type of fitness activity:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Time/busy schedule | Not selected | 9 | 26.5% |
| Selected | 25 | 73.5% |
| Total | 34 | 100.0% |
| Motivation | Not selected | 17 | 50.0% |
| Selected | 17 | 50.0% |
| Total | 34 | 100.0% |
| Physical limitations | Not selected | 29 | 85.3% |
| Selected | 5 | 14.7% |
| Total | 34 | 100.0% |
| Money | Not selected | 24 | 70.6% |
| Selected | 10 | 29.4% |
| Total | 34 | 100.0% |
| Other | Not selected | 29 | 85.3% |
| Selected | 5 | 14.7% |
| Total | 34 | 100.0% |

**Did you know membership in the Recreation & Fitness Center was available for as little as $20 per month payable through payroll deduction?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Did you know that faculty/staff memberships are available at the Recreation & Fitness Center for as little as $20 a month and can be paid through payroll deduction? | Yes | 100 | 68.5% |
| No | 46 | 31.5% |
| Total | 146 | 100.0% |

**What types of incentives do you think would entice faculty & staff to make use of the Recreation & Fitness Center?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Promotional weeks to try the Recreation & Fitness Center (trial memberships) | Not selected | 44 | 31.7% |
| Selected | 95 | 68.3% |
| Total | 139 | 100.0% |
| Specialized Fitness Programs (for example, women on weights, biggest winner, beginning swimming) | Not selected | 79 | 56.8% |
| Selected | 60 | 43.2% |
| Total | 139 | 100.0% |
| Discounts on personal training sessions | Not selected | 74 | 53.2% |
| Selected | 65 | 46.8% |
| Total | 139 | 100.0% |
| Other | Not selected | 88 | 63.3% |
| Selected | 51 | 36.7% |
| Total | 139 | 100.0% |

**Type of physical exercise enjoyed the most:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What type of physical exercise do you enjoy the most? | Running/walking | 58 | 31.2% |
| Swimming | 14 | 7.5% |
| Biking | 16 | 8.6% |
| Lifting Weights | 27 | 14.5% |
| Dancing | 17 | 9.1% |
| Mind/Body (yoga, pilates, etc) | 39 | 21.0% |
| Other | 15 | 8.1% |
| Total | 186 | 100.0% |

**Preferred time to attend group fitness classes or training programs:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What would be your ideal time to attend group fitness classes or training programs? | 6:00 a.m.-9:00 a.m. | 46 | 25.6% |
| 9:00 a.m.-12:00 p.m. | 2 | 1.1% |
| 12:00 p.m.-3:00 p.m. | 15 | 8.3% |
| 3:00 p.m.- 6:00 p.m. | 36 | 20.0% |
| 6:00 p.m.-9:00 p.m. | 78 | 43.3% |
| 9:00 p.m.-11:00 p.m. | 3 | 1.7% |
| Total | 180 | 100.0% |

**Have you considered a personal training session at the Recreation & Fitness Center? (primary campus Boca Raton)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Have you ever considered purchasing a personal training session at the Recreation & Fitness Center? | Yes | 44 | 27.2% |
| No | 118 | 72.8% |
| Total | 162 | 100.0% |

**What price would you be willing to pay for a one hour personal training session at the Recreation & Fitness Center (primary campus Boca Raton)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What price would you be willing to pay for a one hour personal training session at the Recreation & Fitness Center? | $25-30 per session | 68 | 50.7% |
| $35-$40 per session | 10 | 7.5% |
| $45-$50 per session | 1 | .7% |
| Other | 55 | 41.0% |
| Total | 134 | 100.0% |

**Use of Campus Recreation free personal training drop-in hours**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Have you ever used the Department of Campus Recreation's free Personal Training Drop-in hours in which personal trainers are available to assess your baseline physical fitness? | Yes | 3 | 3.2% |
| No | 92 | 96.8% |
| Total | 95 | 100.0% |

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Are you willing to participate in an ongoing, structured exercise program? | Yes | 157 | 84.4% |
| No | 29 | 15.6% |
| Total | 186 | 100.0% |
| Would you be more likely to maintain a consistent exercise regimen if paired with others who have the same goals? | Yes | 137 | 74.5% |
| No | 47 | 25.5% |
| Total | 184 | 100.0% |
| Would you be more likely to attend classes and programs provided specifically to faculty and staff ONLY? | Yes | 125 | 67.6% |
| No | 60 | 32.4% |
| Total | 185 | 100.0% |
| Have you ever participated in an online interactive exercise or health program? | Yes | 35 | 18.9% |
| No | 150 | 81.1% |
| Total | 185 | 100.0% |

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Would you be willing to participate in an online interactive exercise or health program? | Yes | 86 | 58.1% |
| No | 62 | 41.9% |
| Total | 148 | 100.0% |

**Number of hours of physical activity per week required to maintain good health.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| How many hours of physical activity per week do you believe is necessary to maintain good health? | 0-2 | 5 | 2.7% |
| 3-5 | 84 | 45.2% |
| 6-7 | 58 | 31.2% |
| 8-10 | 31 | 16.7% |
| More than 10 hours | 8 | 4.3% |
| Total | 186 | 100.0% |

**What do you believe are the benefits of having a regular fitness routine?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Increased physical fitness | Not selected | 12 | 6.5% |
| Selected | 173 | 93.5% |
| Total | 185 | 100.0% |
| Weight maintenance | Not selected | 14 | 7.6% |
| Selected | 171 | 92.4% |
| Total | 185 | 100.0% |
| Stress management | Not selected | 11 | 5.9% |
| Selected | 174 | 94.1% |
| Total | 185 | 100.0% |
| Improved Emotional and Mental Health | Not selected | 14 | 7.6% |
| Selected | 171 | 92.4% |
| Total | 185 | 100.0% |
| Other | Not selected | 167 | 90.3% |
| Selected | 18 | 9.7% |
| Total | 185 | 100.0% |

**On a scale of 1 to 10, how would you rate yourself in knowledge of good nutrition?**

|  |  |  |
| --- | --- | --- |
|  | Mean | Count |
| On a scale of 1 to 10, how would you rate yourself in knowledge of good nutrition? | 7.58 | 189 |

***A rating of 1 equals "not at all knowledgeable", a rating of 10="very knowledgeable".***

**Which of the following do you believe to be more important to maintaining a healthy lifestyle?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Which of the following areas do you believe to be more important in maintaining a healthy lifestyle: | Nutrition | 126 | 70.4% |
| Exercise | 53 | 29.6% |
| Total | 179 | 100.0% |

**Working with a Certified Nutrition Specialist**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What price might you be willing to pay to work individually with a certified nutrition specialist? | $25-30 per hour | 54 | 35.8% |
| $35-40 per hour | 8 | 5.3% |
| $45-50 per hour | 5 | 3.3% |
| Other | 84 | 55.6% |
| Total | 151 | 100.0% |

**Number of meals per day**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| How many meals do you normally eat per day? | 1-3 | 86 | 46.7% |
| 3-4 | 82 | 44.6% |
| 5 or more | 16 | 8.7% |
| Total | 184 | 100.0% |

**Type of training important to health & longevity**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What type of training do you believe to be more important for health and longevity: | Cardiovascular training | 150 | 82.0% |
| Strength training | 33 | 18.0% |
| Total | 183 | 100.0% |

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Are you comfortable and confident enough to perform resistance training exercises independently? | Yes | 147 | 79.5% |
| No | 38 | 20.5% |
| Total | 185 | 100.0% |
| Would you be open to a Fitness Professional speaking occasionally at departmental staff meetings? | Yes | 149 | 81.9% |
| No | 33 | 18.1% |
| Total | 182 | 100.0% |
| Did you know that increasing your physical activity is an easy way to lower blood pressure as well as reduce the risk of diabetes and mitigate other health concerns? | Yes | 181 | 97.3% |
| No | 5 | 2.7% |
| Total | 186 | 100.0% |
| Do you feel you are consuming the correct foods for optimal health? | Yes | 100 | 54.1% |
| No | 85 | 45.9% |
| Total | 185 | 100.0% |
| Do you believe that physical activity can help students achieve their academic and professional goals? | Yes | 182 | 97.8% |
| No | 4 | 2.2% |
| Total | 186 | 100.0% |
| Do you feel that you exemplify health and fitness to your students and co-workers? | Yes | 22 | 53.7% |
| No | 19 | 46.3% |
| Total | 41 | 100.0% |

**Everyone should have an estimate of their personal body fat composition, resting heart rate, and blood pressure.**

**Do you know:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Your current body fat percentage | Yes | 63 | 34.1% |
| No | 122 | 65.9% |
| Total | 185 | 100.0% |
| Your resting heart rate | Yes | 83 | 44.9% |
| No | 102 | 55.1% |
| Total | 185 | 100.0% |
| Your blood pressure | Yes | 139 | 75.5% |
| No | 45 | 24.5% |
| Total | 184 | 100.0% |

**Within the areas of Wellness, which do you feel you need to place more emphasis on?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Physical | Not selected | 38 | 22.1% |
| Selected | 134 | 77.9% |
| Total | 172 | 100.0% |
| Emotional | Not selected | 88 | 51.2% |
| Selected | 84 | 48.8% |
| Total | 172 | 100.0% |
| Social | Not selected | 120 | 69.8% |
| Selected | 52 | 30.2% |
| Total | 172 | 100.0% |
| Intellectual | Not selected | 135 | 78.5% |
| Selected | 37 | 21.5% |
| Total | 172 | 100.0% |
| Occupational | Not selected | 137 | 79.7% |
| Selected | 35 | 20.3% |
| Total | 172 | 100.0% |
| Spiritual | Not selected | 118 | 68.6% |
| Selected | 54 | 31.4% |
| Total | 172 | 100.0% |
| Environmental | Not selected | 140 | 81.4% |
| Selected | 32 | 18.6% |
| Total | 172 | 100.0% |
| Other | Not selected | 164 | 95.3% |
| Selected | 8 | 4.7% |
| Total | 172 | 100.0% |

**Way to communicate with faculty & staff members about Recreation programs and classes:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| What is the most effective way to communicate with and reach faculty & staff members about Recreation programs and classes? | E-mail | 165 | 89.2% |
| Social media (Facebook, Twitter, etc.) | 5 | 2.7% |
| Regular mail | 4 | 2.2% |
| Print marketing | 8 | 4.3% |
| Other | 3 | 1.6% |
| Total | 185 | 100.0% |

**Use of social media sites such as Facebook or Twitter**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| How often do you frequent social media sites such as Facebook or Twitter? | At least once a day | 76 | 41.3% |
| 4-5 times per week | 20 | 10.9% |
| 2-3 times per week | 12 | 6.5% |
| Once a week or less often | 43 | 23.4% |
| Never | 33 | 17.9% |
| Total | 184 | 100.0% |

**Respondent gender**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Gender | Female | 133 | 72.3% |
| Male | 51 | 27.7% |
| Total | 184 | 100.0% |

**Respondent age**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Count | Column N % |
| Age | 21-25 | 7 | 3.8% |
| 26.30 | 20 | 10.9% |
| 31-40 | 34 | 18.5% |
| 41-50 | 39 | 21.2% |
| 51-60 | 51 | 27.7% |
| 60-64 | 16 | 8.7% |
| 65 or older | 17 | 9.2% |
| Total | 184 | 100.0% |